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2 Ancient Remedies to Reduce Eye Floaters

Eye floaters often manifest as black spots, shadows, drifting spider webs, or darting insects. Learn how TCM manages them.



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Ever felt like a swarm of tiny flies were drifting in front of your eyes? If so, you might be experiencing what are commonly known as eye floaters. These pesky nuisances often appear as black spots, drifting spider webs, or even darting insects in your field of vision. While usually harmless, eye floaters can be quite bothersome for some. So, how can you tackle this annoyance? Let's explore some solutions.

When experiencing eye floaters, it is essential to consult an eye doctor to identify the specific type, of which there are two:

- **Benign:** This type of eye floater is caused by aging, and most people fall into this category, so there is no need to worry. The condition can be improved or even cured by simply maintaining regular eye care or seeking treatment from a traditional Chinese medicine (TCM) practitioner.
- **Malignant:** This type of eye floater may be caused by retinal lesions or intraocular inflammation, which could affect vision. It is recommended to seek immediate treatment from an ophthalmologist or a TCM practitioner to prevent vision damage.

Here are two eye care methods to help reduce eye floaters and eliminate annoying black spots and shadows.

Natural Herbal Tea Recipes

1. Mulberry Black Bean Soup

Ingredients:

- 18.7 gram Fructus Ligustri Lucidi
- 18.7 gram mulberry leaves
- 18.7 gram goji berries
- 18.7 gram Radix Polygoni Multiflori
- 11.2 gram chrysanthemum flower

- 37.5 gram black beans

Preparation: Simmer the ingredients in water for about an hour, and then the dish is ready to consume.

2. Chrysanthemum Tea

Ingredients:

- 11.2 gram chrysanthemum flower
- 18.7 gram goji berries
- 11.2 gram Corni Fructus
- 11.2 gram Plantaginis semen

Preparation: Place the ingredients in a thermos, pour in half a bottle of boiling water, cover, and let it steep for about 20 minutes. Consume one thermos per day.

This tea is unsuitable for individuals with a sore throat, indigestion, or bloating.

3. “Three Flowers” Chrysanthemum Tea

Ingredients:

- 3.75 gram chrysanthemum flower
- 3.75 gram goji berries
- 3.75 gram Semen Cuscutae
- 3.75 gram Semen Astragali Complinati
- 3.75 gram Spica Prunellae

Preparation: Add 16.91 fluid ounces of boiling water, cover, and let it steep for about 20 minutes before consuming.

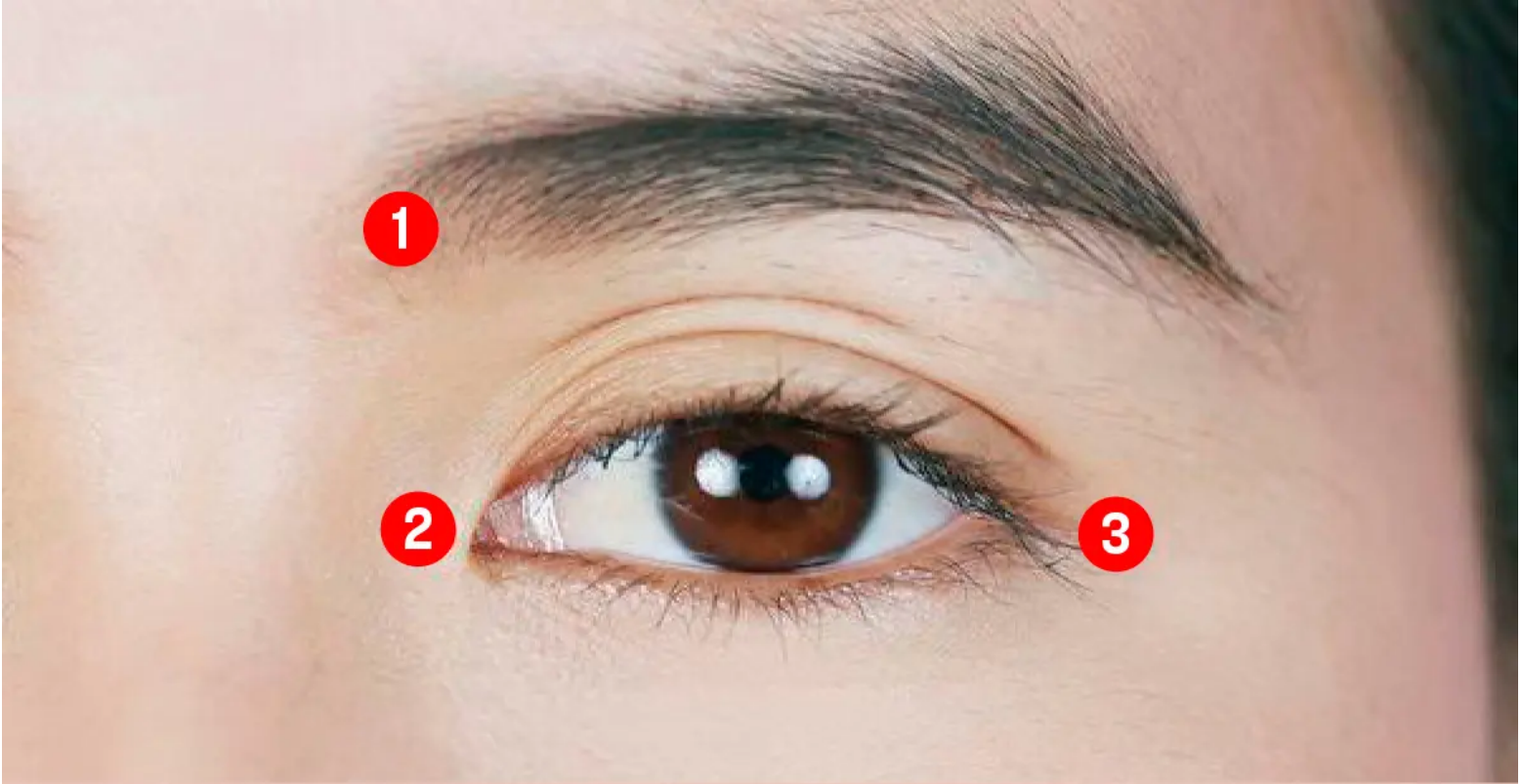
Eye Massage Techniques

According to TCM, meridians are the channels through which energy flows in the human body. Along the meridians are specific points known as acupoints, which possess unique functions. By stimulating the corresponding acupoints through techniques like acupuncture and massage, it is possible to treat diseases related to specific organs—including eyes.

Eye floaters can also be improved by massaging the corresponding acupoints. However, a thorough examination by an ophthalmologist is necessary before massaging, as it is not advised for those with retinal holes or detachments.

1. Massage Around the Eyes and Eyeballs

1. Lie on the bed, close your eyes, and use your index finger to press and move in circles at the brow above the eye socket (Cuanzhu acupoint) 50 times.
2. Next, massage the outer corners of both eyes using your index and middle fingers, rotating inward and outward 50 times each.
3. Finally, close your eyes, place your index and middle fingers together on both eyes and massage the eyeballs, rotating inward and outward 50 times each.



Press the Cuanzhu acupoint (BL2) **1**

Press the outer corners of the eyes **2** **3**

Massage the eyeballs

EPOCH HEALTH

Eye massage technique for improving eye floaters. (The Epoch Times)

2. Massage 2 Acupoints

You can try massaging the Jingming acupoint, located slightly above the inner corner of the eye, in the depression of the inner side of the eye socket.

Massage this acupoint firmly nine times, then massage in the direction of the nose for another nine times. Repeat this process two to three times a day.

You can also massage the Fengchi acupoint at the back of the head. This acupoint is located below the occipital bone at the back of the neck, in the depression on the outer side of the large tendon. When massaging, raise both hands above the head, with the thumbs facing each other, and press and rotate the Fengchi acupoint firmly 50 times.



Massage the Jingming acupoint (BL1) 1



Massage the Fengchi acupoint (GB20) 2
at the back of the head

EPOCH HEALTH

Eye massage technique for improving eye floaters. (The Epoch Times)

Tips for Eye Care Massage

- Wash your hands before massaging.
- Limit the pressure of the massage to your comfort level.
- Rest for a while after massaging, and look into the distance for a few minutes.
- Be consistent by performing the massage twice a day.
- Apply a warm towel to your eyes in the evening.
- Avoid looking at things under extremely bright light and reading books with small fonts.

Some herbs mentioned in this article may be unfamiliar, but they are generally available in health-food and Asian grocery stores. It is important to note that treatment methods may vary depending on the

individual. Please consult with a healthcare professional for a specific treatment plan.

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Yingta Lee holds a Bachelor's Degree in Pharmacy and is a licensed Traditional Chinese Medicine (TCM) practitioner in Taiwan. Currently serving as the Director of Taoyuan Cihang Chinese Medicine Clinic, Lee specializes in internal medicine, acupuncture, injuries, gynecology, pediatrics, and dermatology. His philosophy underscores the interconnectedness of physiology and psychology. Lee believes that a person's mental well-being, characterized by happiness and an open-minded approach, plays a pivotal role in maintaining overall health.

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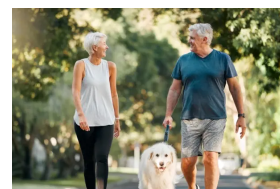
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